

ZION CHURCH NEWS

For surely I know the plans I have for you, says the Lord. (Jer 29:11) NRSV

Pastor's Pen

Look how the wild flowers grow: they don't work or make clothes for themselves. But I tell you that not even King Solomon with all his wealth had clothes as beautiful as one of these flowers. ~Luke 12:27 (Good News Bible)

I love dandelions. I love their vibrant color, as they spread through the green grass. I love the promise they hold of the spring flowers and summer fruits that they follow.

One beautiful spring day when I was in first grade, I spent my entire recess picking the biggest bouquet of dandelions that I could. Clutching it in both hands, I went into my classroom and gave this precious gift to my teacher. With a look of disgust, she threw them all out the window and declared: "I will not have weeds in my classroom!" I have remembered that moment periodically, when small children have come to me, clutching their own bouquets of dandelions. I have always tried to treasure these gifts in the spirit for which they were given. One person's weed is another's beautiful flower.

One of my favorite signs of spring is when the dandelions show their sunny faces. I smile as the dandelions blanket my lawn because I am reminded that everything and everybody that God created is beautiful and valuable in God's eyes. And, everything was designed with a purpose.

We can learn valuable lessons from the dandelion. Every gift is valuable and worthy of a smile. We should honor every gift given, just as God honors our gifts. No matter what we bring to the table, God never throws us out of the window and declare us worthless!

Bright, yellow dandelions have blanketed lawns all over the world. They are strong and resilient, withstanding gardeners' attempts to annihilate them. No matter how hard we try, they always seem to spring forth the next morning full of life. And then, when a strong wind blows, their seeds are spread far and wide,

So let us try to live our lives like the dandelion - small and hearty and full of life. And when it is time, our gifts and our love will be blown to bring hope and healing to the farthest corner of the world, our neighborhoods, and our homes.

So, this year try to remember, even though you can't see the dandelions at dawn's break, that doesn't mean they are not there. Just like our faith, which is the substance of things hoped for and the evidence of things unseen. The dandelion springs forth with new life when exposed to the morning sun, just as our faith becomes alive when we're exposed to the light of God's love. And only then are we ready to fully love God's purpose for us.

~Pastor Katie

Volume 62 Issue 5

Topics of Interest

- Pastor's Pen
- Parish Nurse Article
- Zion Book Club
- Soup Kitchen

In This Issue

Sunday Morning Schedule	2
Treasurer's Report	4
Birthdays & Anniversaries	5
Calendar of Events	5
Just for Kids	8

ZION REFORMED UCC

201 N. Potomac St.
Hagerstown, MD 21740

Phone: 301-739-7244
www.zionreformed.church
Like us on Facebook

2021 MAY

Words Of Faith and Strength

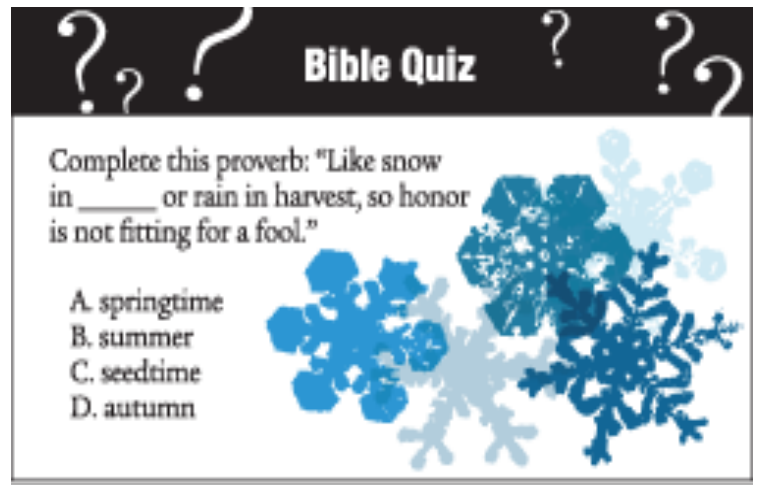
No person can stand against our God: no bad break, no sickness, and no trouble. God controls the universe. He said, "Weeping may endure for a night, but joy is coming in the morning." (Psalm 30:5) Receive it in the mighty name of Jesus. Amen.

Prayer & Scripture

Father, sometimes we become exhausted, weary, and overwhelmed with worry, stress and anxiety for the future. I pray Matthew 6:34 over my life. We do not want to worry or be anxious about tomorrow, but instead we want to place our trust in You entirely each and everyday. Father, help us remember in times of need that You have always been faithful to provide in any and every situation or challenge. Help us remember that Your plans are to prosper us, and never harm us. Father, teach us to meet each day's troubles as they come with grace, wisdom, knowledge, and understanding. We know Your grace is sufficient. You will help us overcome whatever this life may bring my way. You are so good to us, and we find peace and hope in knowing You will never abandon us. There is no need to worry about tomorrow, we know You will meet me there. In Jesus' Name, Amen.



Answer: C (See Exodus 2:21)



Answer: B (See Proverbs 26:1, ESV)

Special Services for May

*Starting this month we'll have communion every Sunday.

May 2 Worship begins in Chapel

May 9 Mother's Day

May 16 Ascension Sunday (Outside)

May 23 Pentecost Sunday

May 30 Trinity Sunday

Sunday Morning Schedule

9:45 am Sunday School Classes

Children and Adult classes available via Zoom

11:00 am Virtual/In-Person Worship Service

www.zionreformed.church/sermons



Church Happenings

Zion Book Club

The Zion Book Club meets on 3rd Friday of every month, 7pm at the home of Sue Graff. The selection for May is "Between Sisters" by Kristin Hannah- this months meeting date will be 5/21 at 7pm. Please join us for a great discussion and wonderful fellowship!

Soup Kitchen

Every Tuesday from 5:00 pm - 6:15 pm; serving a warm meal to our community. If you would like to volunteer please contact the church admin.

HAPPY
Mother's
DAY

MOTHER'S DAY



Mother's Day is May 9, 2021. We will give flowers away after worship. Keep one or share with a woman that you love. Let us love one another as Jesus has loved us !

MONTHLY FIGURES	MARCH	2021 (YTD)
Income	\$6,120.80	\$17,688.80
Transfer from Special Funds	\$25,000.00	\$75,000.00
Expenses	-\$35,207.23	-\$99,822.68
Net Income	-\$4,086.43	-\$7,133.88

Church Calendar

MAY 2021

May 2021						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June 2021						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

SUN 5/2	Orthodox Easter Sunday School via Zoom Worship Service	9:45 am 11:00 am
MON 5/3	Consistory Meeting via Zoom	7:00 pm
TUE 5/4	Staff Meeting via Zoom Soup Kitchen	10:00 am 5:00 pm
WED 5/5	Cinco de Mayo	
THU 5/6	National Day Of Prayer 4-H Club Meeting via Zoom	4:30 pm
SUN 5/9	MOTHER'S DAY Sunday School via Zoom Worship Service	9:45 am 11:00 am
MON 5/10	Pastor Search Committee Meeting	5:30pm
TUE 5/11	Staff Meeting via Zoom Soup Kitchen	10:00 am 5:00 pm
THU 5/13	Ascension Day 4-H Club Meeting via Zoom	4:30 pm
SUN 5/16	Sunday School via Zoom Worship Service (Outside)	9:45 am 11:00 am
MON 5/17	June Newsletter Deadline	12:00 pm
TUE 5/18	Staff Meeting via Zoom Soup Kitchen	10:00 am 5:00 pm
THU 5/20	4-H Club Meeting via Zoom	4:30 pm
SUN 5/23	Sunday School via Zoom Worship Service	9:45 am 11:00 am
MON 5/24	CE Meeting	4:00 pm
TUE 5/25	Staff Meeting via Zoom Soup Kitchen	10:00 am 5:00 pm
WED 5/26	Pastor Search Committee Meeting	5:30pm
THU 5/27	Staff Meeting via Zoom 4-H Club Meeting via Zoom	10:00 am 4:30 pm
SUN 5/30	Sunday School via Zoom Worship Service	9:45 am 11:00 am
MON 5/31	MEMORIAL DAY	



5/3 Mark Shroyer
5/7 Daniel Springer
5/11 Marilyn Newlin
5/13 Kelly Weicht
5/17 Corey Green
5/19 Randy Schultz
5/21 Curtis Nilson
5/22 Steve Burgan
Lana Barnhart
5/28 Kristin Grosh
5/29 Scott Rhodes
5/31 Lisa Saum



5/31 Steve & Krista Burgan

CONSISTORY HIGHLIGHTS

Our April Meeting was filled with good committee reports and updates on various renovation and repair projects. We held a second meeting this month to address questions and answers that came up during the first meeting.

We are still looking for interested members to serve on the Constitution and Bylaws Committee. This committee's first meeting will be held on June 16. The Pastoral Search Committee continues to meet twice a month.

We hope to begin in-person worship on April 18, pending the covid situation. A team has been hard at work securing hand sanitizing stations and marking seating in the Sanctuary to ensure that in-person worship can be conducted in a safe manner for all who choose to attend. Masks will continue to be required.

An outdoor service and picnic which will also celebrate the new parking lot is being planned for August. The purchase of a one person pop-up tent to protect our tech equipment was agreed upon.

We have not yet been successful in locating a qualified person to be the Soup Kitchen Security Guard. See our ad in the HARC Newsflash. If you know of someone who might be interested, please ask them to contact the Church Office.

Three TVs have been donated to ZION, one by Darlene Covington and 2 by Connections 6:8. Two will be used to display community resources and ZION services information to our weekly Soup Kitchen guests and one will be used in various Sunday School rooms.

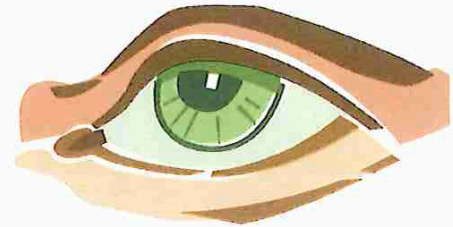
The Sanctuary repair and painting project will begin on April 21. During the repair project, services will be conducted in the chapel or outside. In preparation for the repair project, we are taking necessary precautions to protect our organ from the inevitable dust and debris caused by this repair work. This will mean that our organ will not be available for use during this project. In coming weeks, ZION members will be asked to vote on a new color for our Sanctuary. Three (3) color choices will be presented for your consideration. These colors should be available to view by April 25.

-Carroll Sager
Consistory Secretary

“Eye”sential Foods
A Parish Nurse Note May 2021

If you are living with low vision or age-related macular degeneration (ARMD), you are one of 2.1 million affected Americans over the age of 50. Treatment for ARMD is improving and there are many foods you can eat to ensure that your vision (whether you have ARMD or not) is optimal. Your mother was right! Eating a low fat diet rich in fruits and vegetables is great for your eyes (and heart, too!). The tiny arteries in your eyes, as well as the large ones in your heart, are the suppliers of oxygen to your vital organs, eyes included. Keep them healthy!

Vitamin A (also an antioxidant) is essential for good eye health. Sweet potatoes, carrots, apricots and cantaloupes are rich in Vitamin A. This vitamin helps turn light into the images that you see. Several other antioxidants (mentioned below) are needed for proper vision. An Age Related Eye Disease study showed that antioxidants can help prevent or delay the development of cataracts and ARMD.



Vitamin C helps new cells to grow and to repair cells damaged by fried foods (accumulation of the oils used can clog arteries), tobacco smoke and sunlight. Citrus fruits (oranges, tangerines, lemons, grapefruits) as well as peaches, red bell peppers, strawberries and tomatoes supply Vitamin C.

Vitamin E also plays a role in cell health. Avocados, sunflower seeds and almonds are good sources of Vitamin E.

Leafy green vegetables contain lutein and zeaxanthin- 2 antioxidants that protect the macula (the part of the retina related to central vision used for driving and reading). Lutein prevents or slows eye cell damage; zeaxanthin goes directly to the eye to make a shield against sun and other light sources that can damage eye cells. Foods abundant in lutein and zeaxanthin include spinach, kale, Romaine lettuce, turnip greens, peas and broccoli. Eggs are also a good source of these antioxidants.

Another substance that may decrease the risk of developing eye disease is Omega-3 fatty acids; these acids aid in tear function and may help with dry eye symptoms. Salmon, tuna, trout, sardines and halibut have these fatty acids.

Zinc is a mineral that helps protect the eye from light damage and keeps the retina (the layer at the back of the eye containing the cells that receive light and send nerve impulses to the brain so a visual image can be formed) healthy. All kinds of beans (kidney, lima, black-eyed peas) and lean red meat, poultry, oysters and fortified cereals are some sources of zinc.



Eye supplements should ***only*** be used by those who have been diagnosed with ARMD. The majority of us should get eye nutrients from our diet.

It's never too late to start eating an eye healthy diet! Your eyes and the rest of your body will thank you. "See to it" that you eat your veggies.... and other eye healthy foods!

Blessings and Health,
Barb Hendershot, RN
Parish Nurse

Sources: *Food and Nutrition*, 36 Fabulous Foods to Boost Eye Health
Parade Magazine, Stay Healthy, February 28, 2021
www.allabouteyes.co



The last chapter of Proverbs describes a woman who loves God and strives to be a good wife and mother.

She gets _____ while it is still _____.



she provides _____ for her _____



Her _____ rise _____ and



_____ her blessed.



PROVERBS 31:15, 28 (NIV)



What you need:

- Paper plate
- Yellow marker
- Scissors
- Yarn (black and brown)



What you do:

1. Color the entire plate yellow.
2. Around the edge, cut out an odd number of triangles. Evenly space the cuts to form flower petals.
3. Poke a hole in the plate's center. String black yarn through the hole and over one triangle cut. Tie a knot at the back of the plate.
4. Continue looping yarn through the hole and over the remaining cuts. Secure the end. The flower should look like a wagon wheel with black spokes.
5. Tie the brown yarn to a black "spoke." Weave the brown yarn over and under the spokes in a circle. Continue until the sunflower has a large center. Then tie the end.
6. Display your craft as a reminder to follow the Son, Jesus!



National Day of Prayer is May 6, 2021... Please submit your prayer request to the church office... No prayer is too big or too small, God answers them all...



If anyone has any 2021 graduates please submit their names to the church office for the June Newsletter and the June Bulletins...



If there are any that have served in the armed forces please submit names to the church office so that we may honor you in the church bulletin...



Special Announcements:

(Sunday School Classes)

Journey Adult Sunday School, led by Sue Graff is available at 9:45 am each Sunday via ZOOM video and phone options. To Join go to <https://Zoom.us/Join> or by calling 301.715.8592. Enter Meeting ID: 894 3614 5937, and Password: 536055 when prompted.

Our Children's Sunday School Class is hosted via Zoom with Kim Ridenour every Sunday at 9:45 am. If you have a young child that would like to participate please contact the church office at (301) 739-7244 for more details.

(All Sunday School connection details are available at any time on the Church website at www.zionreformed.church/education.)

Many of you have asked about the **Search Committee**. We are meeting twice a month and are very excited about seeing what God has in store for our congregation. We are working on a survey for the congregation to ascertain what is important to each of you, and we are reviewing the World Café visioning input given prior to Covid. We're also looking at our mission statement to see if it reflects who we are and what God is calling us to do. Stay tuned for more information soon.

Zion Reformed UCC of Hagerstown is seeking an adult to fill the Security Guard position at our Tuesday night Soup Kitchen from 4:30 pm to 7 pm each week. (At this time because we are serving carryout meals only, the initial hours through April and May will possibly be slightly reduced.) Responsibilities will include ensuring a safe and peaceful environment for the volunteers and guests at the Soup Kitchen, seeing the volunteers safely to their cars, and securing the church and the back gate when leaving.

Special Thanks to the family that donated our 2021 Easter cross...



Please contact the church office (301) 739-7244 for further assistance with any of these announcements or If you need to make any announcements. God Bless and Stay Safe...



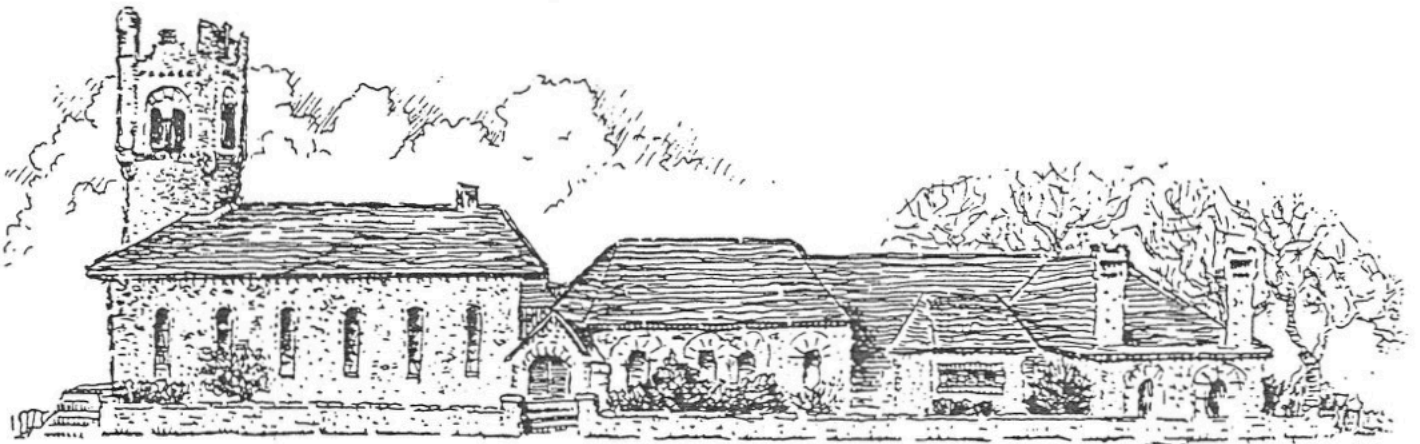
**Come and join us Sunday mornings
Virtually/ In-Person**

Facebook: [www.Facebook.com/ZionRUCC](https://www.facebook.com/ZionRUCC)

Web: www.zionreformed.church/sermons

ALL are welcome!

ZION REFORMED UCC
201 North Potomac Street
Hagerstown, MD 21740
RETURN SERVICE REQUESTED



ZION REFORMED UNITED CHURCH OF CHRIST